

Trust Your Vibes:

Tapping Into Your Most Powerful Professional Resource

*Our sixth sense keeps us authentically connected
to our path and purpose. Without its direction we may fail.*

Sonia Choquette, PhD



The world of business is undergoing radical transformation. With the explosion of technology, a new world economy, and a mass exodus of talent from employment to entrepreneurship, the rules and tools of business have dramatically changed making leadership an expedition into uncharted and often choppy waters. It is now more than ever survival of the fittest.

Fortunately, there is one ageless faculty a professional can draw on in such an unpredictable era to guide him or her to successful guaranteed business success: Your Intuition.

Some call it “instinct.” Others know it as the “gut feeling,” or a “hunch.” Emerson called it “the divine impulse.” I simply call it, “*Your Vibes.*” Whatever you call it, we all recognize it as the deep, bone-marrow kind of knowing that transcends reason and logic, defies understanding, and yet undeniably points you in the right direction when all else fails.

Most successful professionals know what intuition, or trusting your vibes is and have experienced it. They agree it is an invaluable tool for success in the modern world. But few know how it works, and fewer still know there are things you can do to activate and accelerate it to work when you need it.

For starters, your sixth sense, your vibes works best off a solid foundation of knowledge. How knowledgeable are you of your business? As a professional worker, how well-informed are you of your company’s affairs? And by informed, I do not mean simply having an awareness of paper facts. Real knowledge is far more than information; it’s derived from having direct experience with your employees and clients in the trenches. When did you last visit the engine rooms of your company, or observed the day-to-day world of your managers and workers? Do you even know who your co-workers are and how they are performing? Are you keeping your knowledge of the company current and sharp by refreshing your direct experience on a regular basis?

Secondly, intuition, or your vibes are driven by enthusiasm. It is a byproduct of an intense desire to make what you care about even better. Are you passionate about your business? Or has your focus deteriorated to just meeting the bottom line? If you’ve lost a

genuine love for your job, then intuition will be overcome by cynicism and fear, causing your company to lead you, rather than you contributing to and leading the company.

Next, tuning into your vibes requires a clear and organized mind. Intuition is a subtle and fleeting insight that can be easily lost under a mountain of unfinished business, or swept away in the drama of disorder. Is it time to catch up with old matters, finish unfinished business, and clear your desk? The more you procrastinate, the greater your loss when it comes to tapping into your intuitive reserves.

Finally, your vibes are a physical, as much as psychic sense. It depends on your physical body relaying messages as if it were radio broadcasting to your mind through your gut feelings, your subtle vibes, and your heart-based instincts. If you are hung over, stressed out, under-exercised, sleep-deprived, over-scheduled, and preoccupied, then chances are you will miss the subtle calling cards of your intuition. You can only pick up the intuitive broadcast if the radio (your body) is working.

Your vibes best capture your attention when your mind has quiet moments. If you rush through each day like a firefighter on a drill you will feel very little of anything, let alone the subtle vibrations coming from your intuitive channel. To discern the subtle takes time. Slow down; give yourself a break. Some of the greatest inventions and visions were born in a moment of doing nothing. Doing nothing doesn't mean nothing is being done. On the contrary, giving yourself a little breathing space allows your higher awareness to kick in and offer its input.

To activate your sixth sense (your vibes), you must calm your other senses as well. Delegate and find a place to meditate, or take a walk. Do whatever it takes to eliminate distractions and create a window of intuitive opportunity. Conrad Hilton used to sit quietly until intuition kicked in. Benjamin Franklin flew a kite. Isaac Newton meditated under an apple tree. Find your quiet corner for inspiration. Expect intuition to show up. And it will!

The dictionary defines intuition as "immediate cognition," which requires a paying of acute attention. The word literally means, "inner teacher." Get into the habit of listening to your "inner teacher" and expecting it to guide you. When you expect something you create an energetic vacuum which the Universe seeks to fill. A case in point is two guys driving into town; one expects to find a parking space, the other doesn't. They both turn out right.

Your intuitive vibes work off the creative part of your brain. Mix your routines up a bit to keep your attention fresh and to avoid falling into a mental rut. Take a new route to work. Enter through a different door. Wear a color you don't normally wear. Cut lunchtime in half and take a walk.

Intuitive people do not dwell on problems. They ponder offbeat solutions and expect to find them. In fact, they consider this a creative sport and love playing it. They work their intuitive muscles to enter a super-conscious state of mind.

Above all, have the courage to trust your vibes. Every great leader has been willing to play the fool. Disney was considered a nut. The Wright brothers were called daft. Edison was “eccentric,” at best. Progressive thinkers have always challenged conventional wisdom as they blaze a trail to the top

10 things you can do to activate your intuitive ‘vibes’ in your business world.

1. Write down your professional goals. Intuition supports clear intentions. Keep your goals clearly posted and review them every day
2. Visualize your success. Imagine exactly what you want to happen in your business. Intuition supports your vision. Sharpen your visualization skills by sharing your vision with others and observe if they can see your dreams as well as you.
3. Get enough sleep. Your vibes shut down when you are fatigued.
4. Keep a little notebook or tape recorder and record your gut feelings, *ah-ha* moments, and bright ideas as they arise. Do not edit, censor, or dismiss anything. You will soon see it all counts.
5. Sound it out. Find sympathetic friends who will listen to your intuitive hunches. Sharing a gut feeling is the best way to validate your intuition and gain confidence in listening to your higher awareness.
6. Take time out for reflection. Intuition lies just beneath our conscious awareness and rises to the surface during quiet moments. Rushing through the day prevents your inner voice from speaking out. Schedule regular periods of 5 to 10 minutes throughout the week to do nothing but sit and ponder.
7. Leave the job at your desk. Sometimes the best way to activate your intuitive and creative muscles is to walk away from a problem and let the answers incubate on their own. Do something stimulating and fun on your evenings and weekends. By allowing this side of your brain to take over while giving your work side a rest brings new perspectives and ideas that can take you to a new level of solution.
8. Ask for help. Have the wisdom to be open to receiving help in all ways, and do not hesitate to seek guidance the minute you need it. Being open to guidance is the starting gun to an intuitive life and separates the ordinary from the extraordinary in today’s working world.
9. Keep your office clean and organized. Your sixth sense thrives on order, not chaos. A clear desk leaves the clear mind needed for tuning into your vibes.
10. Acknowledge your intuitive successes openly and comfortably. Share your vibes positively, regarding them as a natural asset designed to help you succeed and not as something to wrestle with or question. Recognize they are a reflection of your higher power, and put them to use every day.

The bottom line is if you want to succeed in a changing world of business and have a great time along the way, utilize and trust to the fullest your greatest natural business tool—your vibes.

Sonia Choquette, PhD *is a world-renowned visionary, intuitive consultant, and revolutionary teacher. She is known for her ability to elevate people’s awareness out of a*

five-sensory paradigm of limitation and fear and into a six-sensory world of creative possibility and personal power. She specializes in guiding individuals and businesses to successful professional outcomes, from people seeking the right job to independent start-ups to expanding Fortune 500 corporations.

*A masterful guide committed to activating the highest intuitive and creative potential in all, Sonia is the best-selling author of eight books published in 19 countries: **The Psychic Pathway** (Three Rivers Press), **Your Heart's Desire** (Three Rivers Press), **The Wise Child** (Three Rivers Press), **True Balance** (Three Rivers Press), **Vitamins for The Soul** (Hay House, April 2004), **The Diary of a Psychic** (Hay House, July 2003), **Trust Your Vibes** (Hay House, 2004), and **Trust Your Vibes at Work** (Hay House, 2005). She also has numerous audio editions.*

Highly trained and apprenticed in the intuitive arts, Sonia was educated at the University of Denver and the Sorbonne in Paris. She then pursued a spiritual education at the American Institute of Holistic Theology (AIHT) www.aiht.edu, where she earned a B.A., an M.S., and a Ph.D. in Metaphysics in order to better advance and reflect her life's work as a six-sensory vibrational teacher. Several of her books are currently being used in the AIHT curriculum

Sonia is a trusted and proven advisor to captains of industry such as Charlotte Beers, advertising CEO and former head of the Campaign for America, appointed by President Bush; Billy Corgan, singer/songwriter and founder of The Smashing Pumpkins; Jessica Bendinger, film director and writer of the smash-hit movie Bring It On; Marty Sprintzen, co-founder of Forte Internet Commerce; and Randy Fifield, real-estate mogul and chairman and CEO of Fifield Companies.

She has long worked with leaders in all industries, including retail, health care, real estate, hotel management, finance and investment, law, and education, among others. Sonia is also on the board of advisors for several corporations, including Mia Francescas, Kim and Scott's Gourmet Pretzels, The Wellness Center, and The Hoffman Institute.

*A powerful speaker and teacher, Sonia has devoted her life to training people to activate and use their sixth sense, which she believes is a non-negotiable tool for succeeding in today's world. Her course "**Your Heart's Desire**" was voted one of the ten most powerful workshops to change your life by **New Woman Magazine**, and her book of the same name is currently required reading at the University of Santa Monica creative arts department.*

*Sonia has been a guest on ABC, NBC, CNN, Fox, The Wisdom Channel, and WGN. She has also been featured in **New Woman Magazine**; **New Age Magazine**; **USA Today**; **Body, Mind and Soul**; **Chicago Tribune**; **Chicago Sun Times**; **The London Times**; and **Crain's Chicago Business Journal**.*

Her radio show is listed on the web site at www.hayhouseradio.com. You may reach Sonja through her website at www.soniachoquette.com.